BARIUM MESSENGER

PUBLISHED BY THE PRESBYTERIAN ORPHANS' HOME, FOR THE INFORMATION OF ITS FRIENDS

VOL. III. *BARIUM SPRINGS, N. C., MARCH, 1926* *No. 5.*

Table Showing State Of Receipts At End Of February

PRESBYTERY	February Receipts	Amt. Given Per Member	Accum'lated Excess or Shortage	Last Year Receipts	Last Year's
Winston-Salem	$741.93	22¼	Ahead 10¼	$ 211.12	Ahead 42½
Kings Mountain	1,521.82	32½	Behind 16¼	169.52	Behind 14¼
Albemarle	294.24	8¼	Behind 17½	525.28	Ahead 4¾
Concord	477.64	4¾	Behind 20¾	347.82	Behind 10¼
Granville	1,402.35	30¾	Behind 22¾	123.01	Ahead 7½
Mecklenburg	594.68	4	Behind 23¼	558.65	Behind 15½
Orange	562.04	5½	Behind 34¼	394.42	Behind 18½
Wilmington	337.44	4½	Behind 38	410.62	Behind 38½
Fayetteville	660.41	5½	Behind 54½	1051.46	Behind 37¾
SYNOD	$6,592.55	9.3	Behind 30.8	$3,791.90	Behind 16.05

Herewith the table as it stands one month before the end of the church year. It has some encouraging features, also some discouraging ones. Let's analyze it a little.

As a whole, the synod is 14 cents per member or about $9,500 behind it's standing at this date last year. This is too much to be ignored and yet not so large but that it can be entirely caught up with by the end of the year.

As yet we have received very few remittances that we know to be the result of Loyalty Week and yet February receipts were nearly $3,000. better than February 1925. It is easily possible that March will run way ahead of the over $12,000 sent in last year, and enable us to end up the year out of debt.

We are not inclined to censure you for the falling behind compared to this date last year, for we know the many insistent demands from all the churches causes and their dire needs, nor are we inclined to croak any gloomy predictions as to what a carry over of debt will mean to this work. We don't want to have to carry over a debt, but if we do have to we don't think it will be fatal.

Please just take these facts into consideration, you know how the very severe dry weather affected your crops last year, well, it hit us hard too. Our corn and hay crops were almost a total failure, our dairy herd is the largest ever, and every drop of milk from this dairy is needfor this big family. To care for this dairy during this winter has meant the buying of hay and grain for the first time in years, due to this short crop of last summer.

In spite of all this WE ARE STAYING WITHIN THE BUDGET approved by the Synod.

We handled applications at the rate of about one a day and received more children than any Institution of near this size in the State, during the past year.

We believe that you have confidence that your money is being used to the best advantage humanly possible.

We believe that you will provide the budget, and our faith in you is so strong that we are not losing sleep over the present falling behind as compared with a former year.

ALEXANDER *and* DAIRY

Thos of us who went to the party at Jenny Gilmer had a fine time. We thank Mr. Jackson very much for his part in making it pleasant.

We have been having a good time playing marbles, but some of us are leaving them now for baseball.

Cheek and Morris Freeman have both spent a few days at the Infirmary.

Edwin Chapman's grandmother and aunts came to see him a few days ago.

Mr. Jackson took Charles Shaffer with him for a week end at Winston-Salem.

We have another new boy. George Hand has come to us from Lees Cottage. We are glad to have him with us.

Malcolm Wallace, one of our champion milkers among the small boys, has gone home to live with his mother. His sister from Howard Cottage went with him. We shall miss Malcolm very much and hope that he can come back occasionally and visit us.

Both of these children will be effectionately remembered at Barium.

HONOR ROLL FOR FEBRUARY

First Grade—Elmer Beaver, Bill Martin, Irene Forte.

Second Grade—Charles Kline, A. D. Potter, Joy Stone.

Third Grade—Eula Lee Anthony, Dorothy Thomas, Myrtle Johnson Sadie Harris, Margaret Brooks, Pauline Cable.

Fourth Grade—Joe Keenan, Mildred Thomas.

Fifth Grade—Eula Lee Walton.

Seventh Grade—Rachel Dowless, Catherine Kerley.

Special Primary—Morris Freeman.

MERIT ROLL FOR FEBRUARY

First Grade—Ray Clendenin, Paul Cornett, John Donaldson, Clarence Link, Nina Mae Bobbitt.

Second Grade—Garnett Bradley, Gladys Cartrett, Ernest Clark, John Ellis, Basil Kelly, Eston Lackey, Fay Marlowe, Ben Morrow, Irene Shannon, T. L. O'Kelly, Greeke York.

Third Grade—Mack Walton, Margaret Pittman, Cathleen Norman, Wilson Lowrance, Mary Belle Lee, Harry East, Pauline Helms, Carl Edwards, Aubrey Clark, Phillis Morgan, Wixie Davidson.

Fourth Grade—Lucile Beck, Hester Beck, Dorothy Hayes, Lester [illegible] Alice Yarborough.

Fifth Grade—Ruth Morrow, Mildred Warner, Maude Hall, Maggie Price.

Sixth Grade—Margaret Todd, Alice Craig, Lorena Clark, William Perry, Ned McKay, Sam Bernardo, George Ayers.

Seventh Grade—Lamont Brown, Annie Hair, Edna Jackins, Nellie Mark, Abbie Roper, Julian West.

Special Primary—Richard Borwn, Janie Roberts, Pauline Starling, Esther Townsend, Cheek Freeman.

Special Intermediate—Allie Crook, Anna Colvin, John Lee.

Eighth Grade—John Hunt.

Tenth Grade—Walter Fraley, Cathleen Moore.

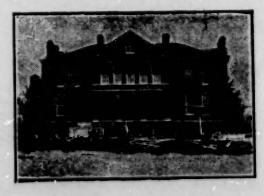
Eleventh Grade — John Craig, Glennie Westall.

Special Elementary—Minnie Colvin, Elerbee Hayes, James Hannon.

Through mistake, the name of Lamont Brown was omitted from the merit roll for January.

Also Ellerbee Hayes was omitted from the merit roll for January.

LEES' COTTAGE



We are very sorry to have Mrs. Harlowe leave us for her home in Lorida. Although we are glad to have Miss Southerland fulfill her place. We like her fine.

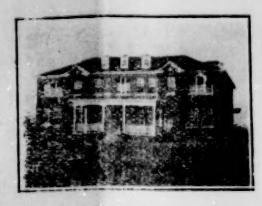
We are also sorry to lose one of our best boys—George Ayers. He went to Jenny Gilmer. We don't call him George, because his real name is "Rabbit." So we call him "Bunny Rabbit."

John Brock, one of our boys, bought some potted ham the other day, and threw the can in his room after opening it. He went to bed and was sleeping good, when he heard something gnawing. He went in his room and found "Goat" Bobbitt and a little rat sitting on the floor. "Goat" had eaten the top of the can, and the little rat had just started on his bottom.

Mr. Jackson, our good old friend, whom we all know so well, sure did entertain some of our boys with a nice party Saturday night over at Jenny Gilmer.

Grover Miles, one of our boys, seems to stay at the same age all the time. So Mr. Johnston invites him over to his house every afternoon to eat a cake of yeast which will make him grow. He is our little old "Baby Peggy." You can almost see him growing now. Oh, my! but you ought to see him eat it, he grins from one ear to the other. Lee West.

JENNY GILMER COTTAGE



Jenny Gilmer Cottage, tuning in on the Barium Messenger. We can do some real tuning in now, as we have a radio. It is the gift of Mr. and Mrs. Archie Pickett, of the First Presbyterian Church, Greensboro, N. C. We have been getting some good programs from different stations all around. This splendid gift is appreciated very much by the boys.

On Sunday, the 14th, we had Mr. McQueen of Davidson College to teach our Sunday School class, in the absence of Mr. Johnston. His fine talk was enjoyed by all present. We hope that we can have Mr. McQueen up to teach our class again.

Saturday night, the 20th, we had a party at this Cottage. The boys invited their "buddies" and also their brothers, over to the party. The men of the campus were also invited. Different contests were engaged in by all. The cracker contest seemed to be the most liked game. The first prize was won by Troy Coates, the second prize by John Craig. The apple contest—walking with an apple on top of your head—was enjoyed very much. Prizes were given to all. The funniest of the contests were the marshmallow races, between the men. After the games, refreshments were served in the basement. [illegible] oranges and apples. After the refreshments were served we went up stairs and listened in on the radio. Fine programs were heard.

We are indebted to Mr. E. L. Jackson for this fine party. Mr. Jackson is our best friend, helping us in football and our other different sports. We appreciate this party which Mr. Jackson gave, and thank him very much for the kind interest he has taken in our boys.

One of our boys, LaFayette Donaldson has gone to Gastonia to have his foot operated on. We miss him, and hope that he will soon return.

Some of the boys went to the basketball game at Statesville the 20th, to see the game between Barium and Lincolnton. As luck would have it, Lincolnton won, 26 to 15. We are still yelling for you girls, though.

Jack MacKay
Dennis Boyette

SUNDAY MORNING CHAPEL EXERCISES

As has been our custom during the spring months, a different cottage has had the Chapel exercises in the dining room Sunday mornings. This started out in January with Synod's Cottage, then Howards, etc., and now in March, we are finishing up the first round. The quality of the programs has been fine and the manner in which they have been conducted has been most gratifying. A year ago the little children put on the best programs; the larger ones were more or less self-conscious. This year, although the smaller cottages have done even better than the year before, the cottages of the larger boys and girls have outclassed them all. Last Sunday Lottie Walker, First Floor, and the Sunday before, Jennie Gilmer Cottage, put on their programs. These were well planned, carefully prepared and most reverently rendered. During the devotional on last Sunday morning while the Lottie Walker girls had charge, the attention in the dining room was perfect. Absolute quiet in that big dining room prevailed and this was not the least impressive feature of the program. On March the 14th, the Baby Cottage will have charge and the following Sunday, Synod Cottage, for the second time. This plan will continue until the end of school.

We wish to thank all who have taken part in these programs for the care and earnestness with which they have gone into it.

MR. SALVAGEOT PASSES

Coincident of an article published in Barium Messenger of February noteworthy of Ippolito Salvageot, the first Italian settler at Valdese, N. C., Burke county, we have been advised of his untimely death which occurred there on February 13th. Death followed a brief illness of pneumonia. We wish to extend our sympathy to the bereaved members of his fireside.

BEST METHODS OF SAVING

Thrift Letters, By Students Of Presbyterian Orphans' Home

First Prize

First, the school wastes very much paper during a term. I suggest that every Monday morning enough paper be issued to each student to last and supply him during the week. This will naturally force the student to use up paper that has hithertofore been thrown away. This could only be worked out in the high school. The paper, too, should be cut in a uniform size(about the size of medium tablet paper.) Much paper is wasted due to the fact that only a small bit of writing on a large piece causes the paper to be thrown away and there is still room for more writing on it. The medium size paper, I think, would limit this waste.

Also to help the student take care of his text books, I suggest an inspection of books once a month. In this way the student cannot have an excuse for the damaged books each month a strict checking up is made.

Second, much electricity is wasted in the different cottages. I suggest that a meter be put in every cottage and a record made of the amount of electricity used in each cottage. For the cottage having the lowest amount used, a banner be given. This will, I think, reduce the amount of electricity used, for each cottage will try for the banner, and lights which have been left burning will be extinguished.

Third, heat also is wasted. If heat is wasted, coal also will be wasted. I suggest that during the week end and times the school building is not in use (also the Church) that a means be made whereby the steam may be entirely shut off from the building. This will help check waste of coal.

Yours truly,
WALTER FRALEY.

Second Prize

To Whoever It May Concern:

Electric globes may be saved if all the throwing rocks and balls in or outside the cottage is stopped. A good remedy is all the globes broken be paid for by the one who breaks it. Electricity may be saved by not using lights only when necessary, and having a special person to go around each and every night and turn off the lights. If the lights are not all turned off, the one appointed may be held responsible and punished.

Water may be saved by having some special person or the matron see to it that there is no water pipes out of commission and if there is report it at once to the proper place. Also this person may be told to go around during the day and night to see if any pipes bursted, or if water is left running. The person can then report it.

Clothes may be saved by having the ones who lose or tear them up to pay for them or go without. They also may be saved by not throwing them away in the rag basket too soon. When the children go out to play they should be given old clothes to play in, not good ones.

Shoes may be saved if the children do not wear the shoes too long after they first need mending. A certain amount of shoes should be allowed a child a year and if they do not take care of them, make them pay double price in the Barium money. Some children cut their shoes with knives—if they are caught their knife should be taken, the same shoes to be worn, and they should be punished.

Steam may be saved if when the children or faculty are not in their room the steam be cut off from the radiators. Some one should be appointed to look after this and when some person goes to school or work and leaves their steam on they should be punished and the appointed person to cut it off.

Paper may be saved if it is used on both sides for writing. It may be saved if the children do not make spit wads of it. A good remedy for this have the teachers look after the writing on both sides and the one caught making spit wads should be made to study overtime or punished in some other way.

Song books may be saved if they aren't written in and bent up.

Tools and brooms may be saved if when they are lost or broke, they are paid for by the one who does it.

P. S.—If everyone would think before they act, look before they act, and be careful when they act, everyone would be better off and time and property would be saved.

THAD BROCK.

Third Prize

We all know its wrong to waste, and we don't mean or realize we are wasting when we leave a piece of bread, syrup, or anything on our plate. I think a good way of preventing this is, if one leaves anything on his or her plate, put a napkin over it and the one at the head of the table see that they eat it the next meal.

In certain colleges the pupils are allowed so many pieces of clothes each week to be laundried and I think if every cottage here above Annie Louise and Synod's would go by the same regulation, (the matron of each cottage deciding the number of pieces of laundry for each child,) it would decrease the expense of laundry a great deal and the cashier of the savings department could easily find out the laundry expenses of each girl and boy and it would be easier on the laundry girls.

I have noticed in some cottages where the children have been driving tacks in the walls and breaking glasses, screens, and different other things. Also using a great amount of soap and brooms. I think if the matron of each cottage would go around each month and give them what they need, such as soap, brooms, etc., and not let them have any more until the next time; also check up on the broken furniture, and if it is broken send the number of pieces, etc. to the savings department and make them pay for it this would teach them the price of things and the need of saving.

Let's make it our aim through the next year, not to drive tacks, etc., in our walls, because walls full of holes and cracks will not last long. This will cause the buildings to soon have to be remodelled and will cost a tremendous amount of money.

LOUISE GUFFORD

Honorable Mention

Tape, Binding and Thread:

More of these three *can be* saved, by not *allowing* any to be gotten out of the locker until the one who needs it has gone to each machine, and has seen if there is any out first. Instead of getting out more and throwing it on the floor to be swept up in the [illegible]

Furniture:

Can be saved by not dragging it around so much. Once a month is often enough, if that often. For it scratches up the floors and it causes the buildings to need repairing on account of this reason. It will save the floors and the furniture both if it is not allowed to be moved so often.

Paper:

Is another big waste. More of it can be saved if in the morning each teacher would give a certain number of pieces to each child to use for that day's work. Instead of them going to her desk, and taking as much as they see fit. For a lot of paper is wasted just in this way. Because one will take as much as they want, and write a little on one page and lay it aside and write on another, and then it is ready for the trash, without a thing to show for the purpose it was used. That use is waste.

LUCY McPHERSON

It seems that in the dining room is where the most is wasted. It is very easy to form the habit of taking off more on our plates than we want to eat. This habit can be broken if everybody will be responsible for the person next to them—just remind them every meal not to have anything on the plate or milk in their glass—then "practice what you preach."

There is also a waste in the sewing room which can be prevented if everyone will pick scraps, tape, thread buttons, etc., off the floor before they are soiled or find their way to the trash basket—or it maybe a trash can.

GLENNIE WESTALL

To Whom It May Concern:

There are a great many things wasted here. Of these, electricity and steam stand out. When the children go to school or to work, the windows are left open and steam turned on. This waste of steam causes a waste of coal and water.

Electricity is wasted by carelessness mostly. The children go to the meals and leave the lights burning and some of them are left on all night.

The waste of these two could be prevented to a great extent by having posters printed and distributed to the children, telling them to paste them in a place where they will be seen by any one going out the door. The posters should have on them a hint to turn off the lights or steam.

A boy or girl should be appointed to go around every morning and night to cut off unnecessary lights and steam.

There is a good deal of steam wasted in the school building and church. If a boy were appointed to cut it off in the school after 5:00 o'clock every evening and to turn it off in the church when it is not needed, this would be prevented.

Food comes next. If the person

(Continued to Page Four)

BARIUM MESSENGER

PUBLISHED MONTHLY BY PRESBYTERIAN ORPHANS' HOME

Jos. B. Johnston ..... Editor

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Sometimes we marvel at the appetites of people in their early teens but since our yearly health examinations we have ceased to wonder. Just a year ago we carefully weighed and measured every child in the Home and, again, this year, did the same, this being done in connection with the doctor's examination.

We find some interesting results. For instance, the following record of gain in weight for the year:

AGE	Av. Gain for Year	Pds.
Boys under six		6½
Girls under six		5¾
First Grade boys		7
First Grade Girls		6½
Second Grade Boys		8¼
Second Grade Girls		8½
Third Grade Boys		8
Third Grade Girls		9
Fourth Grade Boys		11
Fourth Grade Girls		10
Fifth Grade Boys		12
Fifth Grade Girls		13½
Sixth Grade Boys		13½
Sixth Grade Girls		13
Seventh Grade Boys		14
Seventh Grade Girls		13
Eighth Grade Boys		21
Eighth Grade Girls		11
Ninth Grade Boys		19
Ninth Grade Girls		9½
Tenth Grade Boys		16½
Tenth Grade Girls		7½
Eleventh Grade Boys		14
Eleventh Grade Girls		2

* Largest individual gains, Beulah Hill 29 lbs. in seven months.

Eloise Mott, 28 lbs. in nine months, Avis and Esther Archer, 25 lbs. each in twelve months.

* Boys: Tom Bobbitt, 26 lbs. in a year, and Lewis West, the same.

The sudden spurt in weight increase after reaching high school for the boys, is probably due to football. The very marked slowing up in the girls during the same period probably is due to so much going to brains and looks.

The total gain in weight for the entire family was 4,020 lbs. What do you know about that. Just watch us eat.

The Second Question of Your College Entrance Examination--If You Can't Pass It You Need Coaching

The following is copied from the Washington and Lee University Bulletin and is written by Dr. Henry Louis Smith. It is so full of meat that we are reproducing the entire bulletin.

It is certainly true that there are far more failures in college from lack of preparation in handling money than from failure in studies. This strikes home to us here at Barium and is one of the reasons why we continually try to give each child some experience in handling money for themselves. The Barium Savings Bank, and the Barium System of Exhange are both designed to help to this end.

There is no school that teaches its lessons like life itself. We wish it were so that we could give every child at this institution a test in actually doing for themselves, and then coming back for a fresh start after correcting errors made in the test, but unfortunately this is impossible. When we leave Barium, whether to go to college or to immediately take our place in the ranks of those earning their own way, there is no turning back.

There is opportunity here for preparation in every line, if you avail yourself of these opportunities, no one can force these lessons on you. We have heard "You can lead a horse to water, but you cannot make him drink, you can send a lad to school but you cannot make him think."

There is plenty of room in life for fun and pleasure, even amid the struggle against want, sickness, and misfortune. To assure yourself of this, means the giving of serious thought and effort in this time of preparation to meet the needs of future years.

Take your minds off Latin, English and Math for a while and test yourself out as to these examination questions:

"A successful college course is the paved highway to every kind of "big" success in this "Age of Brains." If you are an ambitious young American "preparing for college," let one who knows the "college game" as he does the multiplication table give you a straightforward talk about **"How to Get Ready,"** reminding you that the two closely mingled halves of a "college course" are College Studies and College Life, and that for every boy whose college course ends in disgraceful failure because he isn't intellectually "prepared" for college studies, at least ten fail because they are childishly "unprepared" for the intoxicating freedom and the poisonous possibilities of college life.

The First Exam-Question, asked in a former leaflet, was this: "Are you enough of a self-controlled and well-reared man to carry through every day, week after week, a gentleman's daily personal routine, without a word of command or reminder from anybody?

The second Exam-Question is a far more difficult one, in a much more difficult field of daily living and working. This second question is not one of dressing and washing and punctuality and personal neatness, but of management of executive ability, of capacity for future leadership. If you can make grade A on this part of your entrance test, you may have a big business future before you. Here is the question:

Have you learned to manage your spending-money with wisdom and self-control?

The business world of today is a whirlwind of money-making, money-spending, money-saving, money-managing. Business leaders are everywhere looking for people who can manage money. They are eager to find them, to promote them, to reward them.

Managing your own little income, whatever it may be, is far easier and simpler than making money or managing trust-money belonging to other people. But as Carnegie so positively declares if you cannot or will not learn to save and wisely manage your own small boy-income, you'll never be a wealthy or successful business man, just as the boy who will not or cannot learn to read and write will never be an influential citizen.

Let's try a laboratory quiz on this money-question:

Can you save pocket-money for a future purchase? Can you go down town day after day, with loose change in your pocket, yet without spending a cent for candy, or "eats," or soda-fountain dope? Do you find it almost necessary to "get something" every time you're down town? Must you always see a much-advertised and "splendid" movie, even if you have to borrow the change to get in on? When the storekeeper offers to let you have what you badly want on credit, do you feel that he is a friend in need and that such a personal favor ought not to be rejected? Are you forming the habit, in times of sudden need, of borrowing a little change from a boy friend, intending of course to hand it back whenever you happen to have some? And do such little matters every now and then escape your memory? Do you keep any sort of written record of your expenses or of such "debts of honor?" Do you know how to write and endorse checks and open a bank account and make out a "statement" of a week's receipts and expenditures? Are you able and willing to wear a rather bad-looking tie or a pair of out-of-date shoes and frankly admit to the rest of the gang that you "haven't the money" for new ones? Do you ever spend your money in ways that you conceal from your parents? Do you ever intentionally mislead them when you ask about what became of your pocket-money?

Grade yourself.

If you can't make more than 75 on this second paragraph of your entrance-exam., let me assure you that, in spite of your "units" and your high school diploma, you are not yet "ready" for a college course on a swarming American campus, and should not apply for entrance to W. & L. till you are better trained.

Try some first-class coaching.

Ask your parents to give you a regular weekly "salary" to cover your clothing and other personal expenses; hand in to them an itemized "statement" every Monday; and at once open a regular personal bank account. Take my word for it that one year of such "training" may mean more for your "success" in college and after college than a whole hatful of paper "units" and engraved "certificates" and high-school diplomas.

About Work

"Hard Work" is the magic wand that brings success. Study the lives of successful men and you'll find truth in this statement. There's really no secret about success, as it simply calls for devotion to your task at all times. Many of our most successful men started as poor boys, with only a limited education, but they worked hard and sought opportunities. It was Henry C. Frick who said that "To win in the battle of life a man needs, in addition to whatever ability he possesses, courage, tenacity and deliberation. He must learn never to lose his head. But above all, hard work is the thing."

Do you sometimes come to the end of a day, or a week, or a year, when everything hasn't just turned out as you had planned? Are you ever tempted to give up the game? The chances are you have had some of these experinces. If so, you must look upon it as a challenge to you to arouse your better self, call out your reserve strength and latent ability and put them to the front. Remember our greatest glory is not in never failing, but in rising every time we fall.

Work is a duty and we have no more right to refuse to perform a duty than to refuse to pay a debt. If we would live with ease, we must do what we ought and not what we please, and one duty is the power to fulfill another.

Red blooded, virile men like to work and do work. Practically all of them are spurred on to that sort of effort because of abmition to meet the responsibilities of life. In no other line of industry can the worker find greater opportunity for advancement than railroading.—Atlantic Coast Line News.

"There are three things which make a nation great and powerful: a fertile soil, busy workshops and easy conveyance for men and things from place to place."—Bacon.

Dad

He may wear a last year's straw hat, his finger-nails may need manicuring; his vest may hang a little loose, and his pants may bag at the knees; his face may show signs of a second day's growth, and the dinner bucket he carries may be full of dents and doughnuts, but don't call him "the old man." He's your father.

For years he has been rushing around to get things together. Never once has he failed to do the right thing by you. He thinks you are the greatest boy on earth, bar none, even though you plaster your hair back, wear smart clothes, smoke cigarettes, and fail to bring home a cent. He is the man who won the love and life partnership of the greatest woman on earth, your mother.

He is "Some" man, and not "the old man." If you win as good a wife as he did, you will have to go some, boy.—From "Flash."

Useless Waste

A parade of Ku Klux Klan was passing down the street. One of the banners at the rear of the procession read, "Don't Follow Us." A negro was standing on the sidewalk watching the parade and he said, "The man who made that sign sure wasted money."—Exchange.

PLAY THE GAME

The Apostle says a man is not crowned unless he strive lawfully. In other words, he is saying play in the open—play fairly—play according to rule. It is interesting to note the broad application that may be given to much of the teaching of Scipture.

My feeling of deep concern is that there is a wide spread disposition to cover up, resort to subterfuges, and double dealing with the hope of getting by and with the outward pretense that it is right if the thing goes through.

A smart young school teacher had a motto on the wall of school room that had in it that suggestion. "Get there, but get there." Who could give it any other interpretation than this: "Get there by fair means or foul?" Just so you get by with it.

In business men resort to various shrewd tricks. They take advantages of sundry technicalities to protect themselves and fleece the other fellow. They seem to have little conscience concerning financial obligations—obligations are made with little or no prospect of fulfilling them. They then immediately move on in life—rather in an automobile as if there were no obligations at all. People who are bankrupt continue to live and spend money as if they were still rich. They pass with a rustle of silks, a brush of furs, a whir of the limousine plain but honest, debt paying neighbors and look upon them with an air of superiority or it may be contempt. To the judgement they come—the bar of their own judgement and conscience. Before that bar they stand condemned as dishonest, as cheats and deceivers. They stand before the bar of intelligent, just and upright neighbors. Before that bar they stand condemned and they know it. The truth is they would have no more respect for these neighbors than they now have for themselves if the neighbors did not condemn. Who is the man who stands in the Holy Hill? It is the man who talks uprightly. Yes, and more—the man in whose eyes a vile person is condemned.

In the social sphere, what is the standard for many? What is it? Is it the great eternal standard of right which has wrapped up in it the promise of life and blessing and which bears also the threat of punishment and death for violation of that standard? Never truer words were spoken than that "the wages of sin is death". This is not only the revelation of Scripture but the revelation of history as it has been written in tears and blood.

In social life, have not many thrown to the winds God's standards and the standards of the Church and the adopted instead the standard of "it's all right if we can get by— if we are not caught?"

If this is true, and many think it is, then God pity us, but more especially may God pity the souls of those who deceive themselves and allow themselves to be led into any sort of dishonesty and moral crookedness.

In school we are set not simply to teach children and young people what is in the text books. Vastly more important than that is setting before our young people right views and illustrating before them right standards of life. It shall be our endeavor to lead them to adopt, appropriate and make the basis of their lives these eternal principles of right.

It is contended that one of the most effective departments for character development is the athletic departments of high school and college. When put upon the high plane that it should occupy I feel much this way. But when the rules of the game are knowingly violated we are putting before our young people immoral standards rather than moral standards.

If a young man is taught to cover up and deceive in the game, he has the same right to cover up the books of the bank and filch it of its money. There may be a difference in the degree of the wrong but not in kind.

It is reported that a basket ball team was to be off for a game. A good player was not eligible, but the man in charge is reported to have said: "We will take him along. If they do not protest him, we will play h i m. If they do protest we will take him out." Thrice shame a man who has been set as a guide for youth who takes such a position.

We know a case where one of the fine foot ball players had been on his high school team four years. Some enthusiastic friend said: "Refer his case to the eligibility committee with an explanation as to the peculiar situation." It was thought by the friend that the committee would o. k. him. As quick as a flash the statement was made: "There is no explanation to be made. The boy has played four years. It is not a matter for the committee. If I haven't moral sense and stamina enough to decide this then I should be removed from my position as teacher and guide for these young men."

No greater privilege can be given one than that of guiding our youth but no greater responsibility can be imposed. God give the leaders clearness of vision to see and strength to do the right.—Thornwell Orphanage Monthly.

EXCHANGES *and* Wheezes

BE WHAT YOU IS

Don't be what you ain't,
Jes' be what you is.
If you is not what you am,
Then you am not what you is.
If you're just a little tadpole,
Don't try to be a frog.
If you're just the tail
Don't try to wag the dog
You can always pass the plate,
If you can't exhort and preach.
If you're just a little pebble,
Don't try to be the beach.
Don't be what you ain't
Jus' be what you is,
For the man who plays it square,
Is a-goin' to get "his."

What About Realtons?

Florida is the chin-whiskers of the United States. It is six hundred miles long, two hundred miles wide and three feet high. It is bounded on the north by the eighteenth amendment and on the other three sides by the three-mile limit.

Florida is inhabited by Indians, Americans, white men and feed-bag tourists, sometimes called tin-canners. The reds live on the Everglades, the blacks live on the whites, and the white live on the tourists, and the tin-canners on the municipal camping grounds.

Florida's principal sources of income are hotels, fruits, alligator skins, tourists and the vest-pocket press agents of California. But the one big outstanding feature of Florida is its fruit; Orange raising coming first, of course. Raising oranges in Florida is a cinch; all that is required is enough money to live on while raising them.

The next Florida fruit is the grapefruit. A grapefruit is a cross between a lemon, a dose of quinin and a pumpkin. It has the color and disposition of a blonde ticket seller at a picture-show. It is usually eaten at breakfast, thus combining the advantages of a meal and a morning shower-bath at the same time.

The tangerine is a distant cousin of the orange. It wears a loose and careless Mother Hubbard style of wrapper and is much easier to disrobe than the orange, but it has a more dry, withered and disappointed disposition when undrest.

The kumquat is the only thing in Florida that lives up to its name. It looks and acts just the way it sounds. —Sparta (Mich.) Sentinel.

Page the Smith Brothers

The Irish name of the new Dublin Broadcasting station is Staisium Craoibliscaoileachain Ath Cliath. We hear that the announcer has already received many packets of throat lozenges from sympathizers in England.—London Opinion.

CAN DO

Ladies and Gentlemen:

"This can opener is guaranteed to open any can that any other can opener cannot open. If this can opener cannot open any other can that any other can opener cannot open send it back to the can opener factory and get a can opener that can."

Pessimist's Corner

WHERE MEN ARE—WHAT?

Out in the West, where men are men—a somewhat hackneyed phrase—implies that there must be other places where men are something else than men. Perhaps the American Cosmeticians Society has discovered this other place, and perhaps it extends even in the West. The members of this society are preparing for heavy business from men in the beauty shops. The expectations are based on conditions thus described:

"Lads and young men are becoming softer and more effeminate every day. The crop of 'drug store cowboys' is constantly increasing. What will pass for men in 1935, perhaps sooner, will be painting their faces, rouging their lips and rolling their long stockings. Already they are manicuring their nails to the point where they can do no work, even if they had the inclination. They are marcelling their hair, wearing bracelets, wearing skirt-like trousers, and aping women in many ways."

Taken by and wide we seem to be living in a puzzling world just now. If we say that men are becoming effeminate, we look about in vain for something really feminine by which to clinch the comparison, for women, on the other hand, are growing mannish; but here again, the effeminate man steps to the fore and we find nothing in him to match the mannishness of his sisters. Here and there we still may discover a man who chews tobacco, smokes a pipe, lets his beard grow, and says 'damn.' But right in the offing lolls a member of the no longer "weaker sex" whose short hair matches his, whose cigarette smells even worse than his pipe, whose manner is bolder than his and whose 'damn' is just as vigorous. We face the prospect of having to coin new phrases to meet new conditions.

If the cosmeticians are right—and they ought to know for that is their business—it is within the possibilities that this Old Fogy may live long enough to be one of the most lonesome men in this broad land. If the men keep on till they are more effeminate than women, and women keep on till they are more mannish than men, then where may I find congenial companionship for my daily walks or my evenings before the crackling fire? And what shall I call myself? I cannot say that I am a man, for no one will understand the term. I cannot say that I am a woman because nature settled that classification for me long ago. And "die fighting" (man fashion—old style) before I'll call myself neuter. —R. C. Anderson, in the Pessimist's Corner of Leather News.

—o—

"CAN and WILL are cousins

Who never trust to luck;

CAN is the child of ENERGY,

WILL is the son of PLUCK.

CAN'T and WON'T are cousins too,

Always out of work;

WON'T is the son of NEVER TRY,

And CAN'T is the son of SHIRK."

It has wisely been said that there is but one place in the world for a kicker and that is on the football field. If you must kick, kick a football! It is very easy to go around passing out criticism upon each and every subject and thing, but it would be much better if we stopped to consider things better, or even as good. In most every case the one that does the "kicking" is the one that does the least to contribute to its betterment. When we have done our part to the best of our ability, and still our aim or goal is not reached—then we can kick about what someone else has failed to do—but not until then.

There are really two kinds of "kickers." Our colonial forefathers were kickers, as some one said "they kicked the United States of America into existence." Yes they kicked but they saw where things were wrong and adjusted them. They were not content to say, "We should have independence," and sit down and "knock" the higher authorities because those few men in authority didn't get it. No, the country united and "kicked" together, and remedied the evil. Why can't we, who have they, profit by the lesson that they progressed so much farther than taught?

Suggestion is one thing and kicking is entirely a different matter. Everybody and everything should be up for suggestion and if we have any really sensible citicism to offer, then offer it, but by all means don't stand off and kick and knock. There is no better place to practice this than on your school paper. Everybody in the school is just as responsible for the success or failure of a school paper as are the few members of the staff and managers. So, "BOOST, DON'T KICK!"—The (New Bern) Bruin.

Our impression of the knocker is this:

"Hit him where his brains ought to be, and kick him where they are at."

BUGS AND HUMBUGS

Fatigue

The human body can no more do work without using up energy than can an engine run without using up steam. If you go hunting when the weather is cold and shoot a rabbit or partridge it feels warm when you first pick it up but after lying dead for a few minutes it becomes as "cold as death." Why the difference? The same coat of fur or feathers are there to furnish protection but the heat is gone. It takes as much fuel to maintain body temperature in the living body as it would to maintain the same temperature in a stone of the same size and weight. In the school room every child not only keeps its ow nbody warm but gives off into the room as much heat as a bburning candle. All of this energy and body heat is produced by the combustion in the body of the foods we eat. Violent exercise increases the body heat because it increases combustion.

Wherever there is combustion there must be a residue of ashes and gas. If combustion takes place in the body this residue of waste material must be taken up by the blood and eliminated from the body by way of the lungs, liver and kidneys. So long as this combustion in the body does not take place faster than the blood clears away the waste products, the individual feels no fatigue, but just as soon as the blood fails to clear away the waste products as fast as they are formed there is an accumulation of this waste in the muscles. This waste material then acts as a poison or an "intoxication" which irritates the nerves, causing a peculiar and characteristic feeling, not quite like pain, and which we call fatigue. Fatigue is nature's cry for rest. As escaping steam from a hot automobile radiator warns us that the motor is running hot, so fatigue is a warning signal that there is accumulating in the system a surplus of waste products.

When all the available blood in the body is being sent to carry fresh fuel and clear away waste products there results a scarcity of blood for the brain and this produces sleepiness. Getting sleepy is nature's insistent demand that the body needs a period of rest in order to give the blood time to carry away the waste and repair the tissues.

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BABY TEETH

A patient in a dentist's office said "doctoc, I don't see why I have so much trouble with my teeth, I think I have been as careful and as faithful for the past fifteen years about keeping my mouth clean as most people are." The dentist replied, "Yes, I see you have been but it was he first fifteen years and not the ast fifteen that caused your trouble."

The baby teeth act as pathfinders or the permanent teeth, and guide he second teeth into their proper places. If you want to keep the aby teeth in good condition until is time for them to come out, you must give them the best of care. Brush them often and always at night before the little one goes to bed see that their teeth are absolutely clean.

It is said, "a habit once formed is hard to break," so start the habit early of keeping the teeth clean. As the dentist so aptly said, "it's the first fifteen years" that count. Early habits and baby teeth will determine most surely the amount of trouble the teeth will cause in later life. Every child is entitled to a square deal.

Remember that decay, holes in the teeth, can be prevented by keeping the teeth clean, and remember that if the baby teeth are kept sound until they come out the second teeth will come in straight and sound. If the second teeth are never allowed to accumulate decaying food and tartar along the gum margins and between them they will remain sound and straight.

Decayed teeth cause as much or more "growing pains" in children and "rheumatism" and "heart disease" in older people as all other causes combined.

Don't wait to "lock the stable until after the horse is stolen" and it's much better to be safe than sorry." Be fair with the children and give them the right start.

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WORDS OF KINDNESS

An American newly arrived went to a London tea shop, tok a seat and waited. Presently, a bright eyed waitress approached and asked, "Can I take your order?" "Yes, two boiled eggs and a kind word." The waitress brought the eggs and was moving on, when the American said, "Say what about the kind words?" The waitress leaned over and wispered, "Don't eat the eggs."

An officer on board a battleship was drilling his men: "I want every man to lie on his back, put his legs in the air, and move them as if he were riding a bicycle," he explained. "Now begin." After a short effort one of the men stopped.

"Why have you stopped, Murphy?" asked the officer.

"If you plaze, sor," was the reply, "Oi'm coasting."—Denton Crucible.

BABY COTTAGE

I want to correct the mistake that was in our news last month. It was a hog after John Cole instead of a bug.

Mr. Cable and his two daughters were to see Leroy the 5th of last month.

Hazel was trying to draw a map of South America, and she asked Ruby what it looked like. Ruby said "it looked like a fan."

The other day we had pork and beans for dinner. David got a piece of pork. When he had finished eating it he asked for some more "scrapmeat" because it was good.

Louise Sluder said she had measles and whooping cough, both at the same time. Elizabeth said, "It's a wonder you didn't die."

Louise said: "The doctor that cured me died after I did."

We had doughnuts for supper and were told not to pick over them. Eloise said "I didn't pick; I shut my eyes and looked in the pan."

Lorena (reading her Bible): "How did David kill Goliath? With a sword?"

Louise Squires: "No, he rocked him to sleep."

The Kindergarten had a holiday on February 12th., while Mrs. Simpson their teacher, was speaking on Missions in Lenoir.

The kindergarten was greatly honored on February 18th. by having the ladies of Circle No. 1 of the Davidson Church, come to their school room to have the devotional part of their meeting with the "babies."

The kindergarten children gave a short, but attractive program before the ladies.

These ladies have indeed been good to the Babies having given them lovely dolls and scrap-books Christmas. On this visit they which were greatly appreciated.

We wish that other Auxiliaries would feel free to visit the kindergarten. We always welcome visitors.

—o—

RUMPLE HALL

The ground hog haw its shadow, but it seems we are having pretty good weather. Makes you feel like spring had come—and time to plant flowers.

Wonder if any one will volunteer to dig up our flower beds for us?

We had our program Sunday A. M. We are glad about nine weeks roll by before our time comes again.

Mr. Edwards took the babies, Irene and Sarah Forte, to Statesville recently. We were all made very much "sweeter" by a nice big box of candy, a treat from him. We do thank him many times over.

Credit has been given twice to Ruth Morris for the Honor Roll, which should have gone to Ruth Morrow. We hope this mistake will not be made again—and that we shall also see Ruth Morris on, too.

Speaking of Honor Rolls—why Irene Forte gets on every month. She is one of our baby girls, and puts us all to shame.

Sarah Forte is looking forward to the birthday dinner on Wednesday, the 17th. She will be five years old this month.

Sarah Donaldson, Jessie Roper and Maude Hall are also February girls.

Miss Lackey, our matron over the kitchen, is sick and is with her aunt in Statesville. We all hope she may soon return.

Janie Roberts said she could sing alto. When asked how you did it, she said: "Oh, just sing out loud."

Ruth Morris was delighted to see her sister from Statesville recently.

Beulah Beaver also had a visit from her mother, sister and little brother.

We received so many pretty valentines. They came in from all directions to Sarah and Irene about thirty in number.

Melva Helms, one of our girls, is at the Infirmary. We hope she will soon be with us again.

We miss Mr. Johnston. Will be delighted to see him back.

—o—

GODWIN-BULLOCK

Announcements have been received, as follows

Mr. Henry Edwin Bullock
Miss Vera Emma Godwin
announce their marriage
on Sunday the fourteenth of February
nineteen hundred and twenty-six
Goldsboro, North Carolina

SYNOD COTTAGE

Synod Cottage has had very few happenings of interest to out-siders since the last issue of the paper.

We have had a typical winter month of study, play,---and colds!

We found many of our boys names on the merit roll last month, and some on the honor roll, which shows that they are doing rather well in their studies.

Shooting marbles and flying kites have been the all absorbing topic of conversation. "In the spring a young man's fancies lightly turn thoughts of "flints, agates, "peadabbers" and jugs as well as strings and paper!!

The prevailing epedemic of colds struck our cottage in full force. We had constant coughing particularly at nights for weeks. Some of our boys had to be taken to the Infermary, but none have been seriously sick.

Mrs. Bailey had a week end visit from her son, Mr. McAliley of Atlanta Ga.

Mrs. Simpson spent Friday, Feb. 12th. in Lenoir, where she spoke before the Auxiliary of the Presbyterian Church on Missions.

Miss Patti James of Laurinburg has been a visitor to Synod Cottage.

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HOWARD COTTAGE

After having such cold winter weather we are enjoying some beautiful spring days right in the middle of February. Just hope it will keep up. So many of our girls have been sick and had to go to the Infirmary but we are glad to report they are all back in the Cottage. Mary West and Texie Johnson came up Saturday. We are glad to have them back. "Jack", our dog came back to see us, but only stayed a few days. Hurry and come back Jack we are lonesome without you. We are sorry we haven't very much news but hope to have more next time.

It has been very cold weather these days. We are very glad that it is coming spring.

Most of our girls have been sick and we are glad they are well and up.

We had a very nice time Valentine day. Elizabeth Wallace is silly—she fell in the bathtub head over heels.

We are very glad that Jack has come back to visit us.

Miss Scott is very good to us.

Texie Johnson

—o—

ANNIE LOUISE COTTAGE

We very seldom have any news for the paper so we think everybody is much surprised when they see our cottage in.

We have had a number of our girls down at the Infirmary sick but most of them have come back.

We have another little new girl Nellie Johnson Spencer we all like her very much because she is so cute.

We lost one of our girls, Clara Vann who went home Xmas, we all miss her a lot but we got one little girl in her place, Helen Briley.

The last few days have seemed so much like summer all of the little girls have been so happy because they can go out and play.

Miss Hedgecock came to live at our cottage. She was our matron while Mrs. Fraley spent a few days in Spartanburg, S. C., but she is no longer our matron as she has the job in the kitchen. She makes such good bread pudding with sauce on it; we are always anxious to go and see if we have some of it for dinner all the little girls like it so well.

We had only one girl at the birthday dinner this month, Laura Lee Norman. We all sure did grudge that fine dinner they had—our mouth watered for those fried oysters.

As we have run out of news, will say "good-by."

Jeenie Mae Ayers.

SUPPORT FUND

1st. Church Charlotte (J. B. Spillman)	$ 3.00
1st. S. S. Gastonia	100.00
Washington S. S.	25.00
A Friend Lenoir Church	20.00
Pegram St. S. S.	10.50
Wadesboro S. S.	5.00
Rocky Mt., Mrs. A. P. Tharpe	10.00
Elmwood S. S.	1.40
Agnes Penick Aux., Rocky River	4.00
First Church Hickory	62.72
West End S. S.	5.74
Jacksonville Church	3.23
W's. Aux.West Avenue	2.50
W's. Aux. Lowell Covenant	1.00
W's. Aux. Gastonia 1st.	10.00
W's. Aux. Belmont	3.00
New Hope Church	7.00
Pineville S. S.	6.41
2nd. Church Charlotte	237.50
Winter Park S. S.	7.00
Pittsboro S. S.	3.00
1st. Church Kings Mountain	22.50
W's. Aux. Bethesda	17.35
Pinetops S. S.	5.75
St. Pauls church	262.73
Sanford S. S.	17.65
Bridgewater church	1.00
Brotherhood Bible Class, 1st. church Salisbury	25.00
W's. Aux. Westminster church	12.00
New Hope S.S.	10.31
Alamance church	84.52
W's. Aux. Alamance	17.65
S.S. "	84.45
Bethel church	.52
W's. Aux. Bethel	.90
Bethesda church	2.78
Bethlehem church	13.00
L. W. W's. Aux. Buffalo	.71
Burlington church	45.00
W's. Aux. church of Cov.	14.97
Lydia Circle church of Cov.	14.63
W's. Aux. Hillsboro	5.00
" " Jonesboro	1.50
" " Madison	20.00
Mebane church	10.50
Midway church	2.57
Reidsville church	18.37
" Aux.	30.00
Shiloh church	2.50
Speedwell church	1.38
Westminster S.S.	25.09
Yanceville church	2.31
Sanford church	26.63
Midway S.S.	1.54
E. Burlington	1.12
1st. church Raleigh	1172.28
W's. Aux. Lenoir	4.00
Montpelier S.S.	9.75
Lincolnton S.S.	21.35
Vass S.S.	10.84
Pollocksville S.S.	13.50
Thomosboro church	20.00
1st. Church Wilmington	125.00
Wallace S.S.	10.50
Quaker Meadow church	23.00
W's. Aux. West Ave.	10.00
W's. Aux. Reynolda	83.00
St. Andrews church	90.00
Mallard Creek S. S.	10.00
Unity S.S.	3.17
W's. Aux. 1st. church Concord	10.00
Rockingham S.S.	7.52
Lexington S.S.	20.33
Cooleemee S.S.	6.65
Shiloh S.S.	3.52
Providence S.S.	50.00
Trinity Ave. church	96.20
Circle 1, W's. Aux. Trinity ave.	3.00
Grassy Creek church	3.37
Hebron church	.19
Kenly church	.90
Oak Grove church	.75
Raleigh 1st. church	58.13
W's. Aux. Selma	2.40
Smithfield church	.75
Warrenton church	9.38
1st. church Raleigh	20.00
Brittain S. S.	3.45
W's. Aux. Caldwell Mem.	10.00
" " Central Steel Creek church	4.00
W's. Aux. Galatia church	2.77
Mocksville S.S.	8.90
Caldwell Mem. church	130.00
Shelby S.S.	18.35
Rockfish church	50.00
Union S.S.	3.87

(Continued to Page Four)

TO A FRIEND

I love you not for what you are, but for what I am when I am with you.

I love you not for what you have made of yourself, but for what you are making of me.

I love you for the part of me that you bring out.

I love you for putting your hand into my heaped-up heart and passing over all the foolish and frivolous and weak things that you can't help dimly seeing there, and for drawing out into the light all the beautiful radiant belongings that no one else had looked quite far enough to find.

I love you for ignoring the possibilities of the fool and the weakling in me, and for laying firm hold on the possibilities of the good in me.

I love you for not seeing the glaring ugliness in me, and for multiplying the beauties of the admiration of them in your eyes.

I love you for closing your ears to the discords in me and for adding to the music in me by worshipful listening.

I love you for not noticing the rough places in my heart, but putting your cheek up close against its softness.

I love you because you are helping me to make of the lumber of my life not a tavern, but a temple; and of the words of my every day not a reproach, but a song.

I love you because you have done more than any creed could have done to make me good, and more than any fate could have done to make me happy.

You have done it without a touch, without a word, without a sign.

You have done it just by being yourself. Perhaps that is what being a friend means, after all.—Mary C. Davies.

INFIRMARY

We are all still existing down here. We have had quite a number of patience during this past month, mostly boys. But now that spring is here everybody will feel more like being out in the sunshine.

Our nurse, Miss Brown, went home to spend a few hours the other day with her relatives and friends. But she is back on the same old job now.

Afew weeks ago a little boy two years of age, from Chapel Hill—Paul Horn, by name—joined our family and Home. Although he is at the Baby Cottage now, of course we all hated to give him up.

Since we have a victrola down here, all we need now is some new records. Miss Brown's sister, Mrs. Templeton, of Mooresville, gave us a book of records, which we appreciated very much.

We have plenty of news yet, but, as our space is limited we will stop. "Adios."

"SLENDERIZING"

"Jack Spratt would eat no fat
His wife would eat no lean,
And so between the two
They licked the platter clean."

"Pease send a diet list that will increase weight and also a diet list that will reduce weight. My husband is so skinny he looks like he might have T. B., while I am considerably overweight and wish to reduce."

This inquiry came in the morning mail and, being one among many, illustrates an obsession of the public mind today. From everywhere comes a clamor from the plump for something to make them thin and from everywhere comes a clamor from the thin for something to make them plump.

It seems hard to find the "happy medium." Our drug stores are filled with "tonics" and with "weight reducers." People spend thousands of dollars for fat removers, not so much because they realize that overweight is dangerous, but because the women wish to be in style and appear slender and supple and the men wish to appear athletic and muscular. Style and public opinion are powerful factors in our daily lives. When Simon says "Thumbs up" or "Thumbs down" everybody must do what Simon says and woe betide the hapless person who puts thumbs up or down when Simon doesn't say it.

Underweight is menace, especially to the growing child, and overweight is menace, especially when it comes on in middle life.

The child is very active and needs a corresponding amount of building food. The child is bound to be active and will burn up its building food for fuel if the fuel food is inadequate. For the child, underweight is dangerous.

The adult does not grow and the sedentary adult needs little building or repair material. When such person eats to please the appetite, regardless of body needs, the excess is stored up as fat. There should always be some surplus but when the surplus becomes excess, it is dangerous.

First, have a thorough physical examination to be sure you are well and then eat to supply your needs rather than please your appetite. This is the ONLY SAFE WAY to reduce. Unused muscles get soft, flabby and lose their shape regardless of the food you eat. Substituting fat for muscle is dangerous. The beautiful contour of muscles is only maintained by exercise. Adequate exercise in fresh pure air to maintain muscle contour and only sufficient and proper food to supply body needs is the ideal for perfect health regardless of what the scales might say.

MISCELLANEOUS SUPPORT

Miss Annie B. Payne, New York	5.00
F. P. Tate, Morganton	6.00
Dr. Wilbert C. Jackson	8.33
A Friend, Fayetteville	6.00
M. D. Moore, Mt. Airy	5.00
R. W. Cable, Greensboro	75.00
W. J. Barker, Burlington	15.00
Mrs. Irma P. Wallace, Shelby	80.00
Memory J. W. McElwee, Statesville	3.00
Z. J. Crawford Jacksonville, Fla	25.00
Mills Hampton, Forest City	5.00
Memory J. W. McElwee, Statesville	5.00
D. J. McDonald, Wilmington	25.00
S. P. Fesperman, Ellerbee	14.00
Mrs. Esther M. Bundy, Fayetteville	8.20
Mrs. Lizzie Rice, Woodleaf	20.00
C. R. Robertson, Leaksville-Spray	3.00
Total - - - - -	$308.53

BORROWED BREAKS

"Do you know where little boys go to who bathe of Sunday," asked the Sunday School teacher.

"Yes," said the little Arab. It's further up the canal side; but you can't go—girls ain't allowed."

—The Orphan Helper.

LOTTIE WALKER
First Floor

March is here! My, but don't the winds howl, though? One can see us hurrying along whether of our own will or not. We observe also, that the boys are a bit hasty of late, especially to meals. Maybe, the March winds have to do with that too. What do you say, boys?

Last Friday night our basket ball girls competed with Troutman girls and defeated them 22-18.

Our next game is with Raleigh Orphanage, at Greensboro.

We enjoyed very much the visit of the Regents to our cottage.

We were also delighted with a visit from Misses Gertrude Caudill and Bill Beattie of Charlotte, and hope they will come again soon.

ARE THE JENNIE GILMER BOYS STUDYING?—JUST LISTEN

Owing to the Christmas hang over, overindulgence in radio or something during February, the grades in school of the Jennie Gilmer crowd didn't look as good as they might have.

This condition of affairs distressed Mr. E. L. Jackson just as much as if he had been the one making the poor marks. Now Mr. Jackson works mighty hard at his job of expert accountant, but when he drives from one job to another his mind doesn't have a thing to do but think up nice things to be doing for other people.

During one of his long trips he thought of a scheme to get Jennie Gilmer back on the map, and the plan is this.

He bought a watch, a regular Jim Dandy, too. Elgin six cylinder, self-starter and all, and he hangs that watch for the boy in this cottage that makes the biggest improvement in his work from March 1st until the end of school.

Everybody is digging in and looking happy except Julian West, who is moaning over the fact "That he is already at the top, and now the neck can he improve?"

You all remember some years ago when a small boy was sent to Kinston for treatment. Some time after that Dr. McNairy of Kinston, sent us a pair of pigs. The impression got out among the boys that the pigs were sent in exchange for the boy, and we received a number of names suggested as being suitable for trading for even one pig or maybe a cat.

Well, we wouldn't swap Mr. Jackson for a whole flock of elephants.

BEST METHODS OF SAVING
(Continued From Page One)

at the head of the table would see that no one took off any unreasonable amount, there would not be such a waste of food.

In many of the cottages water is left running at night. A boy or girl should be appointed to go around to all the bathroomsan dturn off the water if any is running. This would save not only the water but also electricity.

Many school books are lost because the pupils have nothing to carry them in. If each pupil is given a satchel at the beginning of school along with the other school supplies, this would be prevented.

Many people seem to be in a hurry and cut across the grass. It costs money to keep the grass on the campus, and the walking on it should be stopped. If a small reward was given to any one who reports some one else for this, and the offender fined for the amount of the reward, it might be stopped. The reward and fine should be in the "funny money."

In school, if the teacher would see that a student took no more paper than necessary, the waste of paper would be cut down.

At the small childrens' cottages the children's wraps should be accounted for between 5 and 6 every afternoon. If any are missing, the matron should make the loser look for it.

Soap is wasted by being left in the sinks, or in the tubs or in water. The "house-cats" ought to collect the soap and distribute ti to the ones who need it.

In school much chalk is wasted by being taken out by small children, or being thrown around. It should be kept locked up in the teacher's desk, and taken out as it is needed.

Another way of saving paper is to have it cut in a uniform size. Some o f it is cut in big sheets and some students write a little on one of these large sheets and throws it away without saving the part not used. If it were cut in a smaller size, so much would not be wasted.

WALTER BEATTIE

"Do not tare your shirts up to put on your kite's tail," is a very timely suggestion for saving contained in one of the thrift letters.

SUPPORT FUND
(Continued from Page Three)

Hopewell S.S.	4.13
W's. Aux. Beth Carr	5.00
Olney church	25.00
Reynolda church	405.00
Buffalo (G) S.S.	18.00
Calypso S.S.	10.00
W's. Aux. Trinity Ave.	7.50
Faison church	12.99
Pembroke church	12.50
Bethel S.S.	3.45
Lexington Church	.60
" Aux.	16.88
Jefferson Church	2.25
Mt. Airy Church	7.24
N. Wilkesboro Church	37.97
" " Aux.	84.00
Reynolda Aux.	14.00
Belmont Aux.	7.50
1st Church Fayetteville	133.00
Shiloh S. S.	8.00
1st. Church Salisbury	44.72
Unionville S. S.	1.00
Polkton S. S.	15.00
Hopewell S. S.	7.00
St. Andrews S. S.	20.00
Franklin Church	7.25
Jonesboro S. S.	7.23
W's. Aux. Glenwood	2.00
Raven Rock Church	8.00
W's. Aux. Glade Valley	2.50
Mulberry Church	18.75
1st Church Gastonia	1249.36
Oxford Church	17.50
W's. Aux. Sugar Creek Church	2.00
Cape Fear Church	7.00
Morgan Mem. S. S.	3.55
W's. Aux. Henderson	10.00
W's. Aux. Poplar Tent	2.45
W's. Aux. Mt. Zion	7.00
Hopewell Church	10.00
Horseshoe S. S.	3.00
Westminster Church	10.00
Dunn S. S.	35.45
W's. Aux. 1st Church Washington	5.62
1st. Church Washington	1.88
Church of Covenant, Greensboro	24.00
1st. Church Kannapolis	22.05
West Avenue Church	7.50
W's. Aux. 1st Church Gastonia	25.00
W's. Aux. MacPherson	5.00
Howard Memorial	55.35
Cleveland Church	1.50
Rock Branch S. S.	15.95
Jackson Springs Church	12.50
W's. Bible Class 1st. Church Salisbury	10.00
S. S. Winston-Salem 1st.	52.61
Mooresville S. S.	10.14
W's. Aux. 1st. Church Charlotte	5.00
Greenville Church	7.64
Concord Presbyterial	9.50
W's. Aux. 2nd. Church Salisbury	5.00
Bethany Church	3.00
Albemarle Presbyterial	183.00
1st. Church Concord S. S.	92.84
1st. Church Concord W's. Aux	115.00
W's. Aux. Greensboro	27.00
Unionville S. S.	1.00
Red Springs Church	16.53
Vass S. S.	7.54
St. Pauls S. S.	69.89
St. Pauls Church	21.00
Total, - - - - -	$6,592.55

CLOTHING MONEY

W's. Aux. Smithfield	22.50
C. E. Mallard Creek	15.00
C. E. Sharon	28.50
1st Church Mooresville	50.00
Mrs. P. M. Williams, N. Wilkesboro	50.00
W's. Aux Reynolda	40.00
Alamance Church	5.00
I. H. N. Circle 1st. Church, Salisbury	22.50
Y. P. Society, Rocky River	4.00
Miss Mabel Lane Thompson, Gastonia	3.50
W's. Aux. 1st Church Greensboro	5.00
2nd. Church Concord	5.00
Total - - - - -	$241.00

MISCELLANEOUS GIFTS

Pine Tops Presbyterian S. S., Shower of materials for Sewing Room, clothing, handkerchiefs and hose.

Winston-Salem North Presbyterian church, 97 quarts preserves, fruit, and vegetables, 20 lbs. sugar, coffee crackers and oat meal.

Glade Valley W's. Aux., 8 baby bibs.

Wilmington W's. Aux., Immanuel church, two quilts.

Wilmington, Immanuel church, donation soap, handkerchiefs, thread, hose, towels, etc., and 75 yards of materials for Sewing Room.

High Point Circle 1, First church, 2 quilts.

Lowell, Union Presbyterian church, three quilts.

Barium Springs, Mrs. John Holton, one book; A Friend, 4 books, Paul Pittman, one book; Earl Kerley, one book.

Cleveland, Third Creek Auxiliary, 22 quarts fruit.

Greensboro, N. C., Church-By-Side-the Road, W's. Aux. Night Circle, one quilt.

Hickory, Bumbarger's Book Store, 16 boxes valentines.

Graham Sunday School, 18 quarts of fruit.

Salisbury, North Carolina Finishing Company, 200 yards pajama checks.

Rockingham, Pee Dee Mfg. Company, one bolt of apron ginghams.

Cliffside, Cliffside Mills, one bolt of apron ginghams.

Swepsonville, Virginia Cotton Mills, two bolts of dress material.

LAUNDRY AND SEWING ROOM

We have been asked so many times for laundry news, yet we don't know of one thing worth repeating. We really feel like it was school work, and the teacher asked for a composition on a subject entirely new, and our first thought is: "What shall I say?" To be sure, we are always busy here. In fact busy is our middle name, but that doesn't signify interest.

These balmy days remind us that Spring will soon be here—and the pears trees will be in bloom. As many of our readers know, the pear orchard surrounds the Laundry, and oh, my, the temptation to swipe a few pears when they are at least half grown.

We have had quiet a few visitors during the last few weeks.

Pearl Beaver said Mrs. Harlowe had gone to Florida to accept a new physician (position.)

Elma Rodderick went to the store to buy some candy.

She asked: "How many pieces of that kind do I get for a nickel?"

Clerk: "Oh, two or three!"

Elma: "Well, I'll have three pieces please.

No news is good news. So—Au revoir.

BARIUM MESSENGER CREW

Instead of the "Black and Gold" Class, we are presenting herewith the 'hand' that keeps the world of Presbyterians in North Carolina informed of the activities in and about Presbyterian Orphans' Home—namely the printers that make BARIUM MESSENGER *"black and white."*

Seated from left to right, they are as follows: Ned McKay, Lee West, Jack McKay, Charles Hunt, Robert Estridge, and Guy East. In the rear, A. P. Edwards, the "boss" of the group.

It's mighty hard to say who is the "devil," but we would like to mention the fact that the East and West criss-crosses each other in the printshop. The Editor, Mr. J. B. Johnston, is without, as you will observe. We are sorry, but take it that he had the croup, or would have otherwise been "in" on this.

CAMPUS NEWS

"Clean-up Day" was observed here Monday, March 1st., and the Board of Regents was observed Tuesday, March 2nd.

If March comes in like a lion, it goes out like a lamb—" and vice versa. Well, we folks here at Barium have a source of knowledge at hand about planting flowers and gardensass. On Monday, the rst day of the month, we had a strong fresh westerly wind that soon diminished to a southerly gale. This eventually blew up a cloud from which peels of thunder and lightning were observed. Also hail was evidenced from this storm. Kinda reminded us of a 98-degree-tempered-sunshine afternoon during August.

All this serves as a reminder of a not-far-off spring and of those remorseful moments squandered down at the old swimming hole.

Mr. E. L. Jackson good fellow that he is, and a warm friend of the boys over at Jenny Gilmer, was host to a party for the "big boys" and the men of the campus recently. As to the success of this occasion, we can only re-iterate the statement of an ex-Governor of Tennessee to an ex-Officio of North Carolina: "It's a mighty long time between drinks."

That also reminds us. A complete radio set, superb in its magnitude, has been received at Jenny Gilmer, the gift of a friend at Greensboro. And with the addition of this the cottage has become possessed with a "homey" atmosphere—which prevails from evening twilight until sometimes the wee sma hours. Wonder why it is that stations broadcasting cannot revert their programs and send out their best stuff to an impatient listener, at a more opportune time?

In the springtime a young man's fancy slightly turns to thoughts of lighter-weigth wearing apparel, spring onions, lettuce—oh, well, we don't have space available to enumerate.

The feminine Seniors almost forgot the "Golden Rule" the other day when it was discovered, after having individual pictures made that they still retained that class-room expression, and not a "wince" of life. Marie Edwards felt rather indifferent about this—or better still, our expectations are not to be disappointed.

Barium's Quintette is inclined to believe that Lincolnton basketball team likes to play Barium Springs at a time when Lady Luck smiles on them. Suppose we have a game at a time —say, in the middle of the week—cause we haven't any nigger luck at all.

Some fellows from over at Lee's Cottage (we'll not call their names now) went to town one night not so long ago. On their way out that night, they were given a lift by a man who drives a Ford coupe and usually makes it his business to run this place. The boys yelled at him, "How about a ride to Barium?" After the car stopped, all three of them crawled in, and soon a conversation came about with the driver. (Nary a single one of them knowing he was a man by the name of Johnston.) We wonder how they paid for that ride?

Elma Rodderick "is little but loud" in her position on a basketball court. We've seen her get wrapped around an opponent player's finger and yet be responsible for her share of the points in a game.

And this Saturday game business is whats responsible for our downfall with Lincolnton—a Saturday game both times.

But at that, there wasn't anything "short" in Troy Coates' and Walter Fraley's playing. Do you think?

Correspondence

THRIFT

You must not waste the food supply
Nor waste the moments passing by
But use economy,
A thrifty man's the man to follow;
Ror "rainy" days lay up a dollar—
For "rainy" days will come.

When want comes 'round 'twill be too late,
Then you will deal with cruel fate,
But now's the time to shift.
On daily rounds, at home, at school,
In everything make this your rule,
To preach and practice thrift.

These golden days you must not lose,
'Twixt right and wrong you'll have to choose,
And compromise? No never!
For time and tide for no man wait,
Opportunity knocks at every gate
And passes on forever.

—(W. L. Hood, Derita, N. C.)